

1: Chronic Hepatitis in Dogs | Treatment and Prognosis

People with hepatitis C don't need to follow a special "hepatitis C diet." The advice that an average, healthy person gets will work just as well for people with hepatitis C, unless those people also have cirrhosis or another condition, such as diabetes, HIV, or kidney disease.

The functions it is responsible for are quite numerous and has significant bearings on the nutritional state of the body. Therefore, diseases of the liver will markedly affect health. Hepatitis represents a most common liver disorder characterized by an inflammatory condition resulting in degenerative changes in the liver. There are several forms of the disease of which viral infections are the major cause while alcohol, drug abuse, certain bacterial, parasitic or fungal infections may also be implicated. Briefly, the most common types are: Hepatitis A - known as infectious hepatitis and usually spread via contaminated food or water. Generally not as serious as the other types with recovery typically within a few months and rarely progresses to chronic hepatitis. Hepatitis B - known as serum hepatitis, viral origin and usually spread via direct blood contact as well as sexual contact. Type B is more severe and more likely to progress to chronic stages. The seriousness of Type B warrants aggressive long term therapy in efforts to prevent chronic hepatitis. Hepatitis C Non A, Non B - similar to type B, transmission has been determined to be via blood or infected needle contact and is of viral origin. This type also presents challenging aggressive long term therapy. Typical symptoms in the active stages of all types include anorexia, fatigue, nausea, vomiting, diarrhea, fever, weight loss and abdominal discomfort. Treatment generally consists of adequate rest, nutritious diet and supplements to assist in recovery and the prevention of further damage to the liver. While there is no drug treatment to cure hepatitis, the focus of this article is directed at the role of diet and nutritional supplementation in the restoration of liver function and repair of hepatic tissue. The liver is a most complex organ that plays major roles in a wide variety of biochemical functions of the body. Liver dysfunction can therefore significantly impact many other organs and systems throughout the body. The following represent a few of the most important functions of the normal liver: Therefore, a nutritional program utilizing diet modification and supplements must be offered, by your physician or health care practitioner, in efforts to provide effective rehabilitation of the liver. The importance of the diet and nutritional supplements cannot be overemphasized in efforts to prevent relapse and aid in the recovery process. Immediately, all offending dietary agents must be removed including: Dietary manipulation must include the following: Initial Stages Foods of liquid to soft consistency may be preferable if there is anorexia present. Adequate Protein Intake Essential for healing and repair, adequate protein intake is a critical component of the diet. Ideally, 60 - grams of good quality protein is recommended daily and should be adjusted to body weight at least 1 - 1. Although the protein intake may be obtained from both animal and vegetable sources, adequate quality protein may be easily obtained via animal sources and may be the choice when appetite is limited in the initial stages of the disease. Calories Sufficient calories are to be provided to maintain weight or address weight loss at least 30 calories per kilogram of body weight. A liberal intake of complex carbohydrates and low fat yet adequate essential fatty acids is essential. If a low fat intake is prescribed, the use of essential fatty acid supplements are advisable and may include borage oil, evening primrose oil, flaxseed oil and the marine lipid concentrates. Small frequent meals to provide calories and are recommended over the high calorie powdered supplements on the market that chiefly consist of high refined sugars. The liver directly benefits from nutritional support and requires a continuous supply of vitamins, minerals and herbal compounds necessary for healing 1. The following supplements should be utilized in any liver support protocol and should prove to be an excellent adjunct to any medical treatment. Specific Amino Acids Taurine - an antioxidant, supplementation has shown to significantly decrease serum bilirubin in patients with acute hepatitis 2,3 SAM S-Adenosyl Methionine - studies have revealed that SAM had reversed pathological liver changes from toxins, restores normal liver cell membrane fluidity and ATPase activity - all necessary for healthy liver function and repair 4,5,6. NAC N-Acetyl Cysteine - as an antioxidant and is essential for the regeneration of glutathione for the glutathione peroxidase detoxifying enzyme system in the liver. Antioxidant Nutrients - important for their immune support and healing effect on the liver, several

antioxidants have been shown to be depressed in patients with hepatitis 9. Vitamin C - studies have demonstrated important aspects of treatment with vitamin including immunomodulation action, decreasing the duration of the disease and useful as a prophylaxis 10, Selenium - important as an indirect antioxidant, supplementation has been shown to decrease the incidence of hepatitis Lipoic Acid Thiocetic Acid - an essential nutrient that must be part of any liver rehabilitative protocol. Lipoic acid, when present in adequate amounts, acts as a potent detoxifying agent in the liver and is typically depressed in liver disorders. Lipoic acid actually protects liver cells against alcohol, mushroom poisoning and heavy metal exposure and has been found to improve immune function 15,16,17,18, Herbs Silymarin Milk Thistle - a well documented herb phytochemical that has proven beneficial effects on the liver. Silymarin has been shown to protect intact liver cells as well as stimulation of protein synthesis which accounts for new cell growth 20,21, Catechin - this group of flavanoids have received a great deal of attention in a variety of clinical studies as an important agent in treating acute and chronic hepatitis by decreasing bilirubin, relief of symptoms and improvement of clinical tests. Dandelion, Artichoke The above nutritional components have been successfully utilized in the care and rehabilitation of the diseased liver. Care must be taken and such a protocol must be reviewed by your physician or health care practitioner. Of utmost importance is rest and consistent utilization of the supplements and diet recommended. Remember, hepatitis is a serious disease and warrants serious aggressive therapy. If your practitioner does not utilize the above diet and supplements, they are probably doing more harm than good - get yourself a better educated practitioner! An Analytical View", Nompleggi, D. Milk Thistle", Peterson, M.

2: Hepatitis C - Diagnosis and treatment - Mayo Clinic

Dietary restrictions have no place in the management of mild or moderate acute parenchymal liver disease. Nutritional supplementation and iv fluids and nutrients.

A specific diet for hepatitis B does not exist, but adhering to federal dietary guidelines can support a healthy liver. The goal of a healthy diet for liver disease is to prevent the progression of the disease and generate new liver cells. Chronic hepatitis B can lead to liver failure, liver cancer, cirrhosis of the liver and kidney problems. The Mayo Clinic says symptoms of hepatitis B include abdominal and joint pain, dark urine, loss of appetite, nausea, vomiting, weakness, fatigue and jaundice. The HBV virus is spread through blood, saliva, semen and vaginal secretions; it can also be transferred from a pregnant woman to her baby. Diet The Hepatitis Foundation International HFI says good nutrition can help form new liver cells that have been damaged by HBV and prevent malnutrition that often occurs with chronic liver diseases. Individuals with hepatitis B should monitor their protein intake, because too much protein can cause hepatic encephalopathy, a condition characterized by mental confusion. Encephalopathy occurs when there is more protein available than the liver can use, which leads to a buildup of toxins that interfere with brain function. The HFI says the grams of protein a person needs on a daily basis is equal to one half of their weight in pounds. Monitoring caloric intake with hepatitis B is important because excess calories can contribute to liver malfunction and cause fatty deposits in the liver. The HFI recommends 15 calories per pound of body weight a day and says to limit fat to less than 30 percent of calories per day because it contributes to weight gain and heart disease when consumed in excess. The HFI also says sodium salt should be limited because high amounts can lead to fluid retention. High-sodium foods include canned foods, cold cuts, snack foods and condiments like mayonnaise and ketchup. Antioxidants protect the body from damage done by free radicals and toxins and help prevent chronic diseases. Foods that are high in antioxidants include plant foods like fruits, vegetables and whole grains. Alcohol The HFI says people living with hepatitis B should avoid or severely restrict alcohol intake because alcohol can further damage the liver and prevent healing and growth of new liver cells. Alcohol can also interfere with and cause misinterpretations of liver function tests. The UMMC also says herbs like cordyceps, milk thistle, licorice root and reishi mushroom may improve hepatitis B. Individuals with hepatitis B should consult a physician prior to taking supplements or herbs. Supplements and herbs are not regulated by the Food and Drug Administration and may lack scientific research regarding safety or efficacy. Tips The UMMC says individuals who experience nausea or loss of appetite due to hepatitis B may find it helpful to eat small meals throughout the day instead of a few large meals. The HFI reminds people with hepatitis B to avoid sharing food that has been in their mouth because the HBV can be transmitted through bodily fluids like saliva.

3: NUTRITIONAL CONSIDERATIONS IN THE TREATMENT OF HEPATITIS

Nutritional Considerations In The Treatment Of Hepatitis. by Carl Germano, M.A., R.D., CNS. The liver is the largest most complex organ in the body.

Hepatitis is caused by a virus and is classified into five different types: Hepatitis B, C and D occur primarily due to contact with infected bodily fluids. The primary causes of Hepatitis A and E are consumption of contaminated water and food. Other causes include eating raw oysters or raw shellfish - both of which carry a higher risk of a Hepatitis A infection. Hepatitis can spread very fast and it can be fatal. It can also cause permanent liver damage. It is therefore extremely important for Hepatitis patients to watch their diet by eating the right types of food. Recommended Foods to Eat For a patient with Hepatitis food choices are not limited to a few bland dishes. There are plenty of healthy, tasty food options which are both beneficial for the liver and for the recovery process. Whole grains are very beneficial to consume as part of a healthy Hepatitis diet. These can be in the form of bran, whole wheat bread or cereal, brown rice, whole grain pasta or porridge. Include other whole grains such as whole oats, wild rice, rye, oatmeal and corn. Fruits and vegetables should be a significant part of any diet to help in recovering from a liver disease. They are full of essential nutrients and are easy to digest. As a bonus, they also contain antioxidants, which can protect the liver cells from damage. However, it is recommended that one go easy on starchy vegetables such as potatoes when on a Hepatitis recovery diet. While canned or frozen fruits are fine it is always a good idea to try and eat fresh and seasonal produce when possible. Olive oil, canola oil and flaxseed oil are all healthy fats that are recommended as part of a diet for patients with Hepatitis. Healthy proteins in the form of low-fat milk and dairy products along with lean meats, beans, eggs and soy products can also be a part of a healthy liver diet. Foods to Avoid It is equally important to avoid certain foods during Hepatitis as they can be harmful to the liver. Excessive consumption of these can aggravate the disease and even lead to permanent liver damage. Processed food items are best avoided when recovering from Hepatitis. Processed food items include processed ingredients that are harder on the liver and relatively devoid of nutrients. Processed breads, cheese and almost all fast-food items are also best avoided during Hepatitis, as they can worsen recovery times. Hydrogenated oils must be replaced with healthy oils. In fact for a lifelong healthy liver it is a good idea to switch to healthy oil choices. Avoid consuming foods high in saturated fats or trans-fats. Sugar intake should be limited for a healthy liver. This includes all artificial sweeteners as well as fruit juices. Juices have high concentrations of sugar in them, which can be difficult for the liver to digest when the body is under attack from the Hepatitis virus. A Hepatitis C diet plan must also be low in iron. Chronic Hepatitis C patients can have difficulty in processing iron, which can overload the liver and the blood with excess iron. This means no consumption of red meats, liver or even grains that have been fortified with iron. Also avoid fruits such as apricots and fish such as tuna; basically any food with high iron content. Hepatitis patients should also severely limit their salt intake. Also refrain from eating high-sodium foods. This means no canned soups or store-bought sauces. When on a Hepatitis diet, avoid eating meat especially red meats due to their high sodium content. If you must, stick to lean cuts and eat only once or twice a week. Avoid alcohol and cigarettes for a healthy liver. Avoid taking vitamin supplements or over-the-counter drugs without consulting your doctor.

4: Diet for Hepatitis B | Healthfully

Aim of diet plan in hepatitis: The main aim of a diet plan in hepatitis is maintaining adequate nutrition, so that the liver cells can regenerate quickly and liver can start functioning properly as early as possible.

Show All Social Bookmarks Hepatitis is the name given to the inflammation of the liver. There is a sudden damage to the liver in case of hepatitis that is caused by viral infection. There are different types of viruses that can cause hepatitis. Each of these are different types of viruses that can cause similar type of damage to the liver. One of the most important sign of hepatitis is the jaundice. This actually means the yellow discoloration of the skin. This occurs due to the increased amount of bilirubin levels in the body fluids. The disease can subside by itself. The jaundice can decrease in about one to two weeks, but full recovery may take a longer time. The liver plays a vital role in the metabolism of nutrients. Due to the dysfunction of the liver, there can be drastic changes that can occur. Diet modification plays a very important role in hepatitis because the role of liver is metabolism. Rest and nutrition are the primary treatments for hepatitis. The most important role of diet in hepatitis is to avoid or decrease the liver damage. Optimal nutritional status will help to reduce the inflammation of the liver. Dietary management can help to reduce the impact of hepatitis. A high protein and low fat diet is the best tolerated by a patient with acute hepatitis. Intake of fat is not usually considered to be harmful in those suffering from hepatitis. A diet that is high in energy and protein can also play an important role in the regeneration of the liver cells. The storage of glycogen in the liver also helps to protect the liver from any further damage. It is desirable to give small frequent meals. This is because small and frequent meals for patients with hepatitis will help these people to cause less stress to be put on the liver to metabolize the food. Foods should be bland and easily digestible. Again this is because easily digestible food will help the liver to be relieved of excessive activity and this will in turn cause quicker healing of the liver. High carbohydrate foods and low fat diets should be selected. This is because a diet rich in carbohydrates and also low in fat can help to prevent excessive liver activity. Very spicy snacks, strong flavored foods, fried and fat filled foods like nuts, desserts, butter and alcohol should be avoided for the condition of the patient to get better quickly. Foods of choice that can be administered safely to the patient include milk and milk products. Fish, cereals, pulses, lean meat, fruits and starchy vegetables are also good for the liver. Another important diet consideration for a person affected by hepatitis is that the consistency of the food should be liquid, soft or normal based on the tolerance of the patient. Baking, steaming and boiling the food is better than frying the food given to the person suffering from hepatitis. I have completed my Masters Degree in Paediatric Nursing. I am a writer with a passion for writing. I have been writing for some blogs and other sites. Comments are welcome at the following e mail address:

5: English | World Gastroenterology Organisation

Dietary management can help to reduce the impact of hepatitis. Diet in Hepatitis: A high protein and low fat diet is the best tolerated by a patient with acute hepatitis.

How hepatitis is diagnosed
History and physical exam To diagnose hepatitis, first your doctor will take your history to determine any risk factors you may have for infectious or noninfectious hepatitis. Your doctor may also feel to see if your liver is enlarged. If your skin or eyes are yellow, your doctor will note this during the exam.
Liver function tests Liver function tests use blood samples to determine how efficiently your liver works. High liver enzyme levels may indicate that your liver is stressed, damaged, or not functioning properly.
Other blood tests If your liver function tests are abnormal, your doctor will likely order other blood tests to detect the source of the problem. These tests can check for the viruses that cause hepatitis. They can also be used to check for antibodies that are common in conditions like autoimmune hepatitis.
Ultrasound An abdominal ultrasound uses ultrasound waves to create an image of the organs within your abdomen. This test allows your doctor to take a close at your liver and nearby organs. This can be a useful test in determining the cause of your abnormal liver function.
Liver biopsy A liver biopsy is an invasive procedure that involves your doctor taking a sample of tissue from your liver. Typically, an ultrasound is used to guide your doctor when taking the biopsy sample. This test allows your doctor to determine how infection or inflammation has affected your liver. It can also be used to sample any areas in your liver that appear abnormal.
Treatment options are determined by which type of hepatitis you have and whether the infection is acute or chronic. Bed rest may be recommended if symptoms cause a great deal of discomfort. The hepatitis A vaccine is available to prevent this infection. Most children begin vaccination between ages 12 and 18 months. Vaccination for hepatitis A is also available for adults and can be combined with the hepatitis B vaccine. Chronic hepatitis B is treated with antiviral medications. This form of treatment can be costly because it must be continued for several months or years. Treatment for chronic hepatitis B also requires regular medical evaluations and monitoring to determine if the virus is responding to treatment. Hepatitis B can be prevented with vaccination. The CDC recommends hepatitis B vaccinations for all newborns. The series of three vaccines is typically completed over the first six months of childhood. The vaccine is also recommended for all healthcare and medical personnel.
Hepatitis C Antiviral medications are used to treat both acute and chronic forms of hepatitis C. People who develop chronic hepatitis C are typically treated with a combination of antiviral drug therapies. They may also need further testing to determine the best form of treatment. People who develop cirrhosis scarring of the liver or liver disease as a result of chronic hepatitis C may be candidates for a liver transplant. Currently, there is no vaccination for hepatitis C.
Hepatitis D No antiviral medications exist for the treatment of hepatitis D at this time. According to a study , a drug called alpha interferon can be used to treat hepatitis D, but it only shows improvement in about 25 to 30 percent of people. Hepatitis D can be prevented by getting the vaccination for hepatitis B, as infection with hepatitis B is necessary for hepatitis D to develop.
Hepatitis E Currently, no specific medical therapies are available to treat hepatitis E. Because the infection is often acute, it typically resolves on its own. People with this type of infection are often advised to get adequate rest, drink plenty of fluids, get enough nutrients, and avoid alcohol. However, pregnant women who develop this infection require close monitoring and care.
Autoimmune hepatitis Corticosteroids, like prednisone or budesonide, are extremely important in the early treatment of autoimmune hepatitis. Azathioprine Imuran , a drug that suppresses the immune system, is often included in treatment. It can be used with or without steroids. Other immune suppressing drugs like mycophenolate CellCept , tacrolimus Prograf and cyclosporine Neoral can also be used as alternatives to azathioprine for treatment.
Tips to prevent hepatitis
Hygiene Practicing good hygiene is one key way to avoid contracting hepatitis A and E. Practicing safe sex by using condoms and dental dams can help decrease the risk of infection. You can find many options available for purchase online.
Vaccines The use of vaccines is an important key to preventing hepatitis. Vaccinations are available to prevent the development of hepatitis A and B. Experts are currently developing vaccines against hepatitis C. Chronic hepatitis B or C can often lead to more serious health problems. Because the virus affects

the liver, people with chronic hepatitis B or C are at risk for:

6: Hepatitis A | NIDDK

Alan Franciscus, executive director, Hepatitis C Support Project and editor-in-chief of HCV Advocate, San Francisco. Thelma King Thiel, chair and CEO, Hepatitis Foundation International.

ShareCompartir Persons using assistive technology might not be able to fully access information in this file. For assistance, please send e-mail to: Type Accommodation and the title of the report in the subject line of e-mail. Notes from the Field: Patients were previously healthy and sought medical care during May-September. Clinicians reported that the seven patients had all used OxyELITE Pro, a dietary supplement marketed for weight loss and muscle gain, before illness onset. Clinicians reported 45 possible cases to the Hawaii DOH in response to a public health alert. Of those, 29 have been identified as cases. The patients have a median age of 33 years range: The date of first reported laboratory test was used as a proxy for illness onset and ranged from May 10 through October 3, Figure. The most commonly reported symptoms included loss of appetite, light-colored stools, dark urine, and jaundice. Median laboratory values reported at the peak of illness were: One patient died, two patients received liver transplants, and two remain hospitalized; all other hospitalized patients have been discharged. For twelve patients with specified dates of use, the median duration from starting OxyELITE Pro to the onset of symptoms was 60 days range: There was no other dietary supplement or medication use reported in common by more than two patients. National case finding efforts have included surveillance of poison center data using the National Poison Data System. A call for cases was also disseminated through the United Network for Organ Sharing listserv to transplant programs across the country. These activities have identified four persons in states outside of Hawaii with reported OxyELITE Pro or other weight loss or muscle-building dietary supplement use prior to the development of acute hepatitis of unknown cause. One of these is a resident of Hawaii who obtained their product in Hawaii but was diagnosed in a different state. CDC, in collaboration with state health departments, is collecting additional clinical and epidemiologic information from these persons to determine if this outbreak is nationwide. Results from FDA product testing are pending. While the investigation is ongoing and these data are preliminary, clinical data, laboratory tests, and histopathology of liver biopsy specimens collected thus far suggest drug- or herb-induced hepatotoxicity. Drug- and herb-induced hepatotoxicity have been reported in association with exposure to a variety of drugs and herbs used as dietary supplements and can lead to severe acute hepatitis and liver failure 1,2. Drug- and herb-induced hepatotoxicity often resolves following discontinuation of the product 3. Attributing liver injury to a specific ingredient can be challenging because of multiple ingredients, product variability, and lack of testing to confirm exposure to a product. Clinicians evaluating patients with acute hepatitis should ask about consumption of dietary supplements as part of a comprehensive evaluation. Clinicians can discuss patient management options with a medical or clinical toxicologist by calling their local poison center at Reported by Sarah Y. Schier, MD, Lauren S. Kevin Chatham-Stephens, kchathamstephens cdc. Ann Intern Med ; This figure shows the number of cases by date of first reported laboratory result. Three cases with a first reported laboratory result in October are not shown. Use of trade names and commercial sources is for identification only and does not imply endorsement by the U. Department of Health and Human Services. CDC is not responsible for the content of pages found at these sites. This conversion might result in character translation or format errors in the HTML version. Users are referred to the electronic PDF version <http://> An original paper copy of this issue can be obtained from the Superintendent of Documents, U. Contact GPO for current prices.

7: Diet and Hepatitis C

Hepatitis diet should be carefully monitored and prepared for easy and quick recovery of hepatitis patients. Hepatitis is a viral infection that attacks the liver. Hepatitis diet should be.

Print Diagnosis Your doctor will examine you and look for signs of liver damage, such as yellowing skin or belly pain. Tests that can help diagnose hepatitis B or its complications are: A special ultrasound called transient elastography can show the amount of liver damage. Your doctor might remove a small sample of your liver for testing liver biopsy to check for liver damage. During this test, your doctor inserts a thin needle through your skin and into your liver and removes a tissue sample for laboratory analysis. Screening healthy people for hepatitis B Doctors sometimes test certain healthy people for hepatitis B infection because the virus can damage the liver before causing signs and symptoms. Talk to your doctor about screening for hepatitis B infection if you: An injection of immunoglobulin an antibody given within 12 hours of exposure to the virus may help protect you from getting sick with hepatitis B. Because this treatment only provides short-term protection, you also should get the hepatitis B vaccine at the same time, if you never received it. Treatment for acute hepatitis B infection If your doctor determines your hepatitis B infection is acute “ meaning it is short-lived and will go away on its own “ you may not need treatment. Instead, your doctor might recommend rest, proper nutrition and plenty of fluids while your body fights the infection. In severe cases, antiviral drugs or a hospital stay is needed to prevent complications. Treatment for chronic hepatitis B infection Most people diagnosed with chronic hepatitis B infection need treatment for the rest of their lives. Treatment helps reduce the risk of liver disease and prevents you from passing the infection to others. Treatment for chronic hepatitis B may include: Several antiviral medications “ including entecavir Baraclude , tenofovir Viread , lamivudine Epivir , adefovir Hepsera and telbivudine Tyzeka “ can help fight the virus and slow its ability to damage your liver. These drugs are taken by mouth. Talk to your doctor about which medication might be right for you. Interferon alfa-2b Intron A is a man-made version of a substance produced by the body to fight infection. Interferon should not be used during pregnancy. Side effects may include nausea, vomiting, difficulty breathing and depression. If your liver has been severely damaged, a liver transplant may be an option. During a liver transplant, the surgeon removes your damaged liver and replaces it with a healthy liver. Most transplanted livers come from deceased donors, though a small number come from living donors who donate a portion of their livers. Other drugs to treat hepatitis B are being developed. Request an Appointment at Mayo Clinic Clinical trials Explore Mayo Clinic studies testing new treatments, interventions and tests as a means to prevent, detect, treat or manage this disease. Tell your sexual partner to get tested. If you use IV drugs, never share needles and syringes. Learn about hepatitis B. The Centers for Disease Control and Prevention is a good place to start. Stay connected to friends and family. Take care of yourself. Eat a healthy diet full of fruits and vegetables, exercise regularly, and get enough sleep. Take care of your liver. Get tested for hepatitis A and C. However, in some cases, you may be referred immediately to a specialist. Doctors who specialize in treating hepatitis B include: Be aware of pre-appointment restrictions. Write down your symptoms, including any that may seem unrelated to the reason for which you scheduled the appointment. Write down key personal information, including major stresses or recent life changes. Make a list of all medications, vitamins and supplements you take. Consider taking a family member or friend along. Someone who accompanies you may help you remember the information you receive. Write down questions to ask your doctor. Listing questions for your doctor can help you make the most of your time together. For hepatitis B infection, some basic questions to ask your doctor include: What is likely causing my symptoms or condition? Other than the most likely cause, what are other possible causes for my symptoms or condition? What tests do I need? Is my condition likely temporary or chronic? Has hepatitis B damaged my liver or caused other complications, such as kidney problems? What is the best course of action? I have other health conditions. How can I best manage them together? Are there restrictions that I need to follow? Should I see a specialist? Should my family be tested for hepatitis B? How can I protect people around me from hepatitis B? Are there brochures or other printed material I can have? What websites do you recommend? What to expect

from your doctor Your doctor is likely to ask you a number of questions, including: When did your symptoms begin? Have your symptoms been continuous or occasional? How severe are your symptoms? What, if anything, seems to improve your symptoms? What, if anything, appears to worsen your symptoms? Have you ever had a blood transfusion? Do you inject drugs? Have you had unprotected sex? How many sexual partners have you had? Have you been diagnosed with hepatitis?

8: Autoimmune Hepatitis | NIDDK

Darmady EM. Effects of Protein Diet on Infective Hepatitis. Br Med J. Jun 9; 1 () [PMC free article] [Goldschmidt S, Vars HM, Ravdin IS. THE INFLUENCE OF THE FOODSTUFFS UPON THE SUSCEPTIBILITY OF THE LIVER TO INJURY BY CHLOROFORM, AND THE PROBABLE MECHANISM OF THEIR ACTION.

What causes hepatitis A? Doctors diagnose hepatitis A based on symptoms and a blood test. A health care professional will take a blood sample from you and send the sample to a lab. A blood test will detect antibodies to the hepatitis A virus and show whether you have hepatitis A. How do doctors treat hepatitis A? Treatment includes resting, drinking plenty of liquids, and eating healthy foods to help relieve symptoms. Your doctor may also suggest medicines to help relieve symptoms. Talk with your doctor before taking any prescription or over-the-counter medicines, vitamins or other dietary supplements, or complementary or alternative medicines—any of these could damage your liver. You should avoid alcohol until your doctor tells you that you have completely recovered from hepatitis A. See your doctor regularly to make sure your body has fully recovered. If you have symptoms for longer than 6 months, see your doctor again. How can I protect myself from hepatitis A infection? You can protect yourself from hepatitis A by getting the hepatitis A vaccine. If you have not had the vaccine, you can take steps to reduce your chance of infection. If you have had hepatitis A in the past, you cannot get hepatitis A again. You can still get other types of viral hepatitis though. Hepatitis A vaccine All children should receive the hepatitis A vaccine between 12 and 23 months of age. People who are more likely to be infected and people with chronic liver disease should also receive the vaccine. Doctors give the hepatitis A vaccine in two shots. You should get the second shot 6 to 12 months after the first shot. You need to get both shots to be fully protected against the virus. Most people gain some protection within 2 weeks of the first shot. Reduce your chance of infection You can reduce your chance of hepatitis A by washing your hands thoroughly with soap and warm water for 15 to 30 seconds after using the toilet after changing diapers before and after handling or preparing food When traveling in a developing country, drink bottled water. Use bottled water to brush your teeth, make ice cubes, and wash fruits and vegetables. When traveling in a developing country, drink bottled water. Prevent infection after contact with the virus If you think you have come in contact with the hepatitis A virus, see your doctor right away. A dose of the hepatitis A vaccine or a medicine called hepatitis A immune globulin may protect you from getting the infection. How can I prevent spreading hepatitis A to others? If you have hepatitis A, you can reduce your chance of spreading the infection by washing your hands with warm, soapy water after using the toilet and before fixing or eating food. Also, tell your doctor, dentist, and other health care professionals that you have hepatitis A. Talk with a blood donation center before you donate blood. If you had hepatitis A when you were younger than 11, you may be able to donate blood. If you had hepatitis A when you were age 11 or older, you should not donate blood. You are most contagious—able to spread the virus to others—during the 2 weeks before you have symptoms. You may be contagious for up to 3 weeks after you develop symptoms. Children are often contagious longer than adults. If you have hepatitis A, you should eat a balanced, healthy diet. Talk with your doctor about healthy eating. You should also avoid alcohol because it can cause more liver damage. Updated July 13, Accessed July 25, Updated May 23, Prevention and management of viral hepatitis in pregnancy. Obstetrics and Gynecology Clinics of North America. Epidemiology and Prevention of Vaccine-Preventable Diseases. Public Health Foundation;

9: Hepatitis C | HCV | MedlinePlus

Hepatitis C embodies this new paradigm (approach to treatment of diseases) and nutritional advice on eating habits and supplements has proliferated since Hepatitis C was identified in the early '80s from the former Non A, Non B Hepatitis.

Presently she works with the substance abuse population, where the rate of Hepatitis C infection is high. The HIV epidemic redefined interdisciplinary medical care toward infectious chronic diseases. As infectious diseases became manageable via medication, education and lifestyle changes, nutritional intervention played a greater role in helping to achieve good quality of life. Dietary interventions have been used since the first days of treating cirrhosis, but seldom have doctors and dietitians advised dietary changes as prevention of or delay to the progression of the liver toward a cirrhotic state. The Europeans are ahead of the United States in focusing on liver health, ie. Nonetheless, we may yet benefit from their treatment suggestions in the management of Hepatitis C. Preliminary results of exploring indinavir Crixivan and Milk Thistle for 3 weeks did not show clinically significant interactions. This suggests that Milk Thistle should not have a drug interaction with HIV antiretroviral medications such as protease inhibitors and NNRTI. However, there is a question whether milk thistle is effective. There is a little preliminary research suggesting milk thistle may be helpful for the liver. However, the evidence is not strong. Some herbs have been shown to be harmful to the liver. It appears as though milk thistle may not be harmful, but the data on interactions with HIV meds from Steve Piscitelli is preliminary and still being analyzed. The question remains whether we should be proactive about early dietary changes for persons infected with Hepatitis C but who have not manifested symptoms of liver failure? While an ounce of prevention is worth a pound of cure, changing eating habits is very difficult to make and harder to adhere to. Recommending vitamin and herbal supplements can get expensive and may not significantly increase quality of life. This by no means implies that person with Hepatitis C should not pay attention to their dietary habits and nutritional requirements. Each individual will need to be evaluated by a dietitian with experience in liver disease to determine his or her own requirements. A nutritional foundation of dietary practices should be the guide for persons with Hepatitis C, especially at times when there are no gastrointestinal symptoms and liver function tests are normal or mildly elevated with no other clinical abnormalities: Get half of your daily calories in carbohydrates. Whole grain starches, vegetables and fruits should be the mainstay of carbohydrates. Sugar and sugary foods, like donuts and candy bars, should be minimized. Keep protein intake up. Have some protein at every meal. Portion matters more than kind of protein. Make sure to include beans and tofu products, nuts, and dairy products. Cutting back sugary foods tend to reduce fat intake. Nuts and tofu, which are protein sources, have a healthy amount of unsaturated fat. Use vegetable oil and butter sparingly. The goal in reducing fat intake is mainly for weight purposes. Maintain or achieve desirable body weight. Those who are obese, more than twenty pounds over their ideal weight for height, should lose weight. Those who are mildly overweight should watch out for insidious weight gain. There is controversy regarding eating red meat for the HCV-infected person. There is preliminary and limited research suggesting that iron accumulation in the liver may accelerate HCV progression, and eating red meat or eating excessive amounts of red meat may contribute to iron accumulation in the liver. However, it has not been established by research that eating red meat actually has clinical effect of accelerating HCV. If a person has decompensated liver disease certain diet restriction is considered. Many leading hepatitis doctors do not feel restricting intake of red meat is recommended for HCV-infected patients with chronic infection. It is important to bear in mind that in a person coinfecting with HIV and HCV, anemia may be a concern and adequate intake of red meat may be important. Iron accumulation can be a problem only if you eat excessive amounts of red meat. Otherwise, eating red meat is fine and in fact could be part of your diet. Dr Peters says the studies suggesting iron accumulation in the liver can be a problem is when iron intake is very high and excessive. From a nutrition perspective, the following is known-- Iron is poorly absorbed through the GI tract. Iron supplementation helps increase the likelihood for absorption. Fever iron storage in liver is increased. Diabetics and certain substance abusers may have conditional hemochromatosis. As for HCV, earlier studies suggested that increased liver iron levels elicit liver oxidative stress, with consequent steatosis fatty liver and

glutathione depletion. Iron storage, lipid peroxidation and glutathione turnover in chronic anti-HCV positive hepatitis. *Hepatology* Apr;22 4: *Hepatology* Sep;26 Suppl 1: Therefore, in disagreement with Dr Peters Rodriguez feels that this information suggests high iron levels may be harmful to the liver. It is safe to say, that for men with elevated iron levels serum ferritin especially , taking a multivitamin without iron is recommended.

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